



The Examiner

Naval Hospital Twentynine Palms
Serving with Pride and Professionalism

Volume 7, No. 10

Happy Birthday United States Navy

October 1999

New technology helps hospital maintain access to care

By Dan Barber, Public Affairs Officer
Naval Hospital Twentynine Palms

We need everyone's help to maintain our health care access standards. Have you missed a medical appointment at the hospital without prior notification?

Perhaps you made the appointment and then forgot all about it. Very soon the hospital will be installing new technology to remind patients of their appointments. A pleasant "human" voice will automatically call patients who have appointments to provide them with a reminder one to two days ahead of time.

This system is also interactive and will allow patients the option of canceling their appointment at the time of the call. Reminder calls will be scheduled for late afternoon/early evening and if you are not home, messages can be left on answering machines. The system also has a feature called AudioInquiry that will allow patients to call 24 hours a day, 7 days a week to hear about all their upcoming appointments.

This new system is being implemented because the hospital is constantly searching for way to improve service to patients.

According to Cmdr. Dawne C. Gabrielson, NC, USN, "We hope to decrease the no-show rate, and allow patients to automatically cancel an appointment that is no longer needed - right when they get the reminder call. This will let us know a day or two ahead which appointments have been opened up and we can now give those ap-

pointments to people who need a same day appointment." "Should make for a more efficient system all around," she added "And patients won't have to wait on hold on the already busy Central Appointments phone line if they want to find out about future appointments".

If you are a TRICARE Prime member, you should not have any problems in obtaining appointments at this facility. The hospital schedules the majority of medical appointments for a duration of 15 to 20 minutes. However, when patients miss appointments without prior notification it may deny someone else an early appointment.

To improve efficiency and access to care, it is essential that you appear for appointments no later than your stated appointment

time. You may arrive earlier if you wish, but if you arrive late, you will be required to re-schedule the appointment for a later date or time. If unable to keep an appointment at the hospital, call Central Appointments at 830-2286 at least one hour prior to your scheduled appointment so someone else who needs it can be scheduled into the slot.

The access standards set for TRICARE Prime members are as follows:

Acute Care—you will be seen within 24 hours.

Follow-up Care—You will receive an appointment within one week.

Health Maintenance or Specialty Care—You will receive an appointment within 30 days after obtaining a referral from your pro-

Please see TECHNOLOGY on page 6

Navy Birthday Ball set for Oct. 30

This year's Navy Birthday Ball will be held at the Miracle Springs Resort at Desert Hot Springs from 6 p.m. to midnight.

Tickets for the Navy Ball are on sale outside the ship's store. Ticket prices are as follows:

\$20.00 E-1 to E-4 GS1 to GS4 WG1 to WG8	\$25.00 E-5 to E-6 GS5 WG9 to WG11	\$30.00 E-7 to E-9 GS6 WS1 to WS7
\$35.00 O-1 to O-3 GS7 to GS11	\$40.00 O-4 to O-5 GS12	\$45.00 O-6 and above

For tickets contact Lt. Denise Holdridge at 830-2030.

Cocktails will be served from 6 to 7 p.m.; dinner from 7:15 to 9 p.m. with dancing to follow until midnight.

Dress for the event is Dinner Dress Blue, Evening Dress and civilian equivalent.

Choice of menu at time of ticket purchase is Roast Prime Rib or Beef; Sirloin and Snapper; Chicken and Scampi; Vegetable Lasagna or Sauteed Chicken Breast.

Pride in Heritage

See page 2

Hospital spotlighted

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Hard Chargers

See page 8

From the Desk of the CO...

Pride In Our Heritage

October is a very special month for the Navy. On the 13th of this month, the Navy is 224 years old. That is a tremendous accomplishment for any organization or institution to last that long. The reasons the Navy continues to exist are pretty basic: the mission continues to exist and the Navy continues to meet the mission. The Navy remains a relevant tool for our government to meet the defense and humanitarian needs of today's world.

Even with a relevant requirement, the Navy as an organization has had to continue to function effectively and efficiently

through the 224 years. What makes that possible? Two things: adaptability and a common heritage. Certainly the Navy has adapted in those 224 years to new technologies and a changing world, but by virtue of our proud Navy heritage the fundamentals of the Navy remain the same today. In many aspects we serve in the same Navy that our sailor forefathers did. We continue the practices of John Paul Jones' day. At many of our ceremonies we continue to use the traditional symbols of our proud maritime heritage — sideboys, piping retirees ashore, and bells to mark the time are just a few. These



Captain Joan M. Huber, NC, USN

Letters...



Y.E.S. CAMP 99

Thanks for the support

Dear Captain Huber,

On behalf of the Boys and Girls Clubs of Pasadena, and Grace Valley Ranch, we take this time to thank you for providing us with the medical support of your Corpsmen during our summer sessions at Grace Valley Ranch.

Thanks to you, our summer session of 1999 enabled us to provide 700 children with the best medical support and care possible. The dedication and pride shown by the Corpsmen indicated to us a tradition of outstanding military leadership and training.

Without the support and leadership of the Corpsmen, our program here at the ranch would be limited.

The Corpsmen provides that vital role model that youth need today in our continually changing times. Thank you again for a great summer and congratulate your Corpsmen on a job well done.

*Darren M. Shattler
Program Director*

are the same symbols that have been in use since the colonial Navy.

Through the centuries our Navy has been involved in many campaigns and battles to
Please see HERITAGE on page 6

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Commanding Officer

CAPT J.M. HUBER, NC, USN

Executive Officer

CAPT D.H. FREER, MC, USN

Public Affairs Officer/Editor

DAN BARBER

Staff Writers

HM3 DONNA TENNEY, USN

The *EXAMINER* welcomes your comments and suggestions concerning the newsletter. Deadline for submission of articles is the 15th of each month for the following month's issue. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk. The Public Affairs E-Mail address is: d.barber@tnp10.med.navy.mil. The Public Affairs Office telephone number is: DSN 957-2362, Comm (760) 830-2362, Fax: (760) 830-2385.

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The *EXAMINER* editor would like to thank all those who participated in this edition.

Chaplain's Corner...

You Can't Buy Happiness

"He that is of the opinion money will do everything may well be suspected of doing everything for money"

Benjamin Franklin

By Lieutenant Daniel Dudley, CHC, USNR
Naval Hospital Chaplain

Long ago the prophet Isaiah cried to his people "He that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price." (Isa 55:1) Later, Jesus also spoke of the unpurchasable treasures of the Spirit that moths and rust cannot consume or thieves break through and steal. The idea that money can't buy you happiness is not a new idea, but it is one of those kernels of truth that needs to be reemphasized generation after generation.

Harry Emerson Fosdick once stated "Granted the importance of the purchasable things to family, yet in the long run it is the things that money cannot purchase, listed in no market, rated on no exchange, that determine what the family will really be."

It is nice to have money and the things money can buy, but "money can't buy you love." Obsession with the economic aspects of life creates the idea that "money makes the man" or woman. In turn if one lacks money they are tempted to think of themselves as a failure or non-successful on a lack of means. We are tempted to profess, as did one of my college roommates, "you can separate the men from the boys by assessing the amount of their toys".

Possession is one thing; ownership is another. Some people possess much and own little; some possess little and own much. Possession concerns things that can be bought and sold, ownership concerns values that money cannot buy. Herein lies the truths of the question do you own your possessions or do your possessions own you?

If we use the examples of the saints of old we are soberly reminded that their accomplishments in life were not what they were able to hoard in life. Their trust was not in the things that money could buy in life. Their deep faith, their spiritual insights, their inward resources of personal power, their strong compassionate souls, these are the things that make all things work together for good. They cannot be purchased with

any currency. You cannot buy in any market a clear conscience, true affection, or an inward spiritual drive culminating in a deathless hope. For these things carry no price tag.

Put your check book and your charge cards away, all that God is and all that God has is offered to us as a gift for those who come to the father and receive his offering. The things of this world will all pass away but the treasures of heaven will not perish. True happiness is found in the eternal riches that last forever.



Lieutenant Daniel Dudley

Hail and Farewell

Welcome Aboard

Cmdr. B. Redmond	HM2 S. Drumsta
Lt. B. Batchelor	HM2 M. Motas
Ensign R. Cleveland	HM2 B. Baquir
Lt. Cmdr. S. Tsang	HN M. Rocha
Lt. M. Polizzotto	HN B. Peterson
Ensign D. Alderman	HMC C. Consul
Ensign R. Rivera	HAN N. Jarnagin
Ensign J. Porter	HMCS D. Cordero
Lt.j.g. C. Weaver	HM2 A. Velasco
Lt. J. Young	HM3 F. Garcia
Ensign J. civitarese	
Lt.j.g. C. Cabradillia	
Lt. j.g. S. Madison	
HR B. Warthan	
HN J. Stratman	

Farewell

Cmdr. J. Dube
Lt. C. Kelly
Lt. M. Davis

New Family Members

Kaebisch Baby Boy

Petty Officer 3rd Class Ricky and Nicole Kaebisch are proud to announce the birth of their son, Riley Pierce Kaebisch who was born at Naval Hospital Twentynine Palms at 10:48 p.m., June 14, 1999.

Riley weighed seven pounds 14 ounces and measured 20.1 inches in length at birth.

Congratulations!

Loshbaugh Baby Boy

Lt.j.g. David and Darlene Loshbaugh are proud to announce the birth of their son, Chandler Dean Loshbaugh who was born at Naval Hospital Twentynine Palms at

11:34 a.m., Aug. 26, 1999.

Chandler weighed eight pounds 12 ounces and measured 20.4 inches at birth.

Congratulations!

Cunard Baby Girl

Lt. Robert and Ruthie Cunard are proud to announce the birth of their daughter, Makenzie Nicole Cunard who was born at Naval Hospital Twentynine Palms at 1:49 p.m., Sept. 5, 1999.

Makenzie weighed seven pounds seven ounces and measured 19.3 inches at birth.

Congratulations!



HMI Hans Maloney receives a Navy Marine Corps Commendation Medal upon his retirement from Capt. Joan M. Huber, Commanding Officer, Naval Hospital Twentynine Palms.

Are you thinking about your future?

*By HMC Vicente Bantiding
Command Career Counselor*

First of all, I would like to thank all of the Personnel who participated in making HM1 Maloney's retirement ceremony a memorable one.

What you did showed HM1 Maloney that his twenty years of honorable service to our country is greatly appreciated. Bravo Zulu to you all!

As you approach your Projected Rotation Date (PRD), you might want to think about applying for a "C" school. The Corpsman community has over 40 NEC's to choose from and 35 of them are offering a re-enlistment bonuses (SRB) of up to \$30,000.

Applying for a "C" school is not difficult. The basic requirements are: No performance marks below 3.0 on your last three evaluations, No history of NJP or court martial in the past 3 years and you must be within PRT standards.

Remember, if your school is not a board school, you can submit your package 12 months prior to your PRD.

Board school packages can be submitted as early as January but no later than April. Contact your Department/Division Career Counselor for details.

The following are **Hot Fill C-Schools**. These NEC's/"C" schools are undermanned and have unfilled seats in upcoming classes in FY 2000.

HM8406 Aerospace Medical Technician:

Prerequisites: Hospital Corpsman in paygrades E-1 through E-5. No other special information needed.

HM8409 Aerospace Physiology Technician:

Prerequisites: Hospital Corpsman in paygrades E-4 through E-6 maximum age of 31 (waivers considered). Current aviation medical examination is required.

HM8425 Surface Force Independent Duty Corpsman:

Prerequisites: Effective Immediately: All member's applying for 8425 must complete the DON Correspondence Manual Course NSGTC 684-30-00-97 and the Naval Orientation Course NAVEDTRA 12966. Hospital Corpsman in paygrades E-5 through E-7 with a minimum of six years active duty and four years in rating. E-5 must have minimum of two years in grade (no waivers). Secret Security Clearance (ENTNAC). Current physical examination. FMSS is a prerequisite and is not waiverable.

HM8427 Fleet Marine Force Reconnaissance Corpsman:

Prerequisites: Within PRT standards, Secret Security Clearance. Age limit 35 years (No waivers). Males only. Have normal color perception; Selection priority is given for those who have been assigned to an FMF unit. TRAINING PIPELINE: 1. HM-8404 (as applicable) 2. Amphibious Reconnaissance School ("Basic Recon") 3. Combat swimmer/dive - Dive Med 4. Basic Airborne School ("Jump") 5. Special Operations Combat Medic (SOCM) Course, No non-judicial punishment, court martial or civil court action in the past 3 years.

HM8432 Preventive Medicine Technician:

Prerequisites: Hospital Corpsman in paygrades E-3 through E-5. Must be a U.S. citizen. Secret Security Clearance. Current physical examination. FMSS is a prerequisite and is not waiverable.

HM8463 Optician Technician:

Prerequisites: Hospital Corpsman in paygrades E-2 through E-5. High school or college algebra and physical science with a grade of "C" or better is most desired but not required.

HM8478 Advanced Biomedical Equipment Technician:

Prerequisites: Hospital Corpsman in paygrades E-5 and E-6 with a minimum of two years experience in NEC HM-8479.

Complete NEETS Modules 5,7, 8, 13, 22, 23, 24 with a grade of 3.0 or better. Current radiological physical examination.

HM8482 Pharmacy Technician:

Prerequisites: Hospital Corpsmen in paygrades E-1 through E-5. High school or college Algebra and Chemistry with a grade of "C" or better is most desired but not required. FMSS is a prerequisite.

HM8483 Surgical Technologist:

Prerequisites: NEC HM-8404 Hospital Corpsmen in paygrades E-1 through E-4. All males must complete Field Medical Service School (FMSS) and all females are required to attend FMSS on a space available basis.

HM8485 Psychiatry Technician:

Prerequisites: Hospital Corpsmen in paygrades E-1 through E-4. Current Psychological screening.

HM8489 Orthopaedic Technician:

Prerequisites: Hospital Corpsmen in paygrades E-3 and E-5. No other special information is required, FMSS is a prerequisite.

HM8506 Advanced Laboratory Technician:

Prerequisites: Hospital Corpsmen in paygrades E-3 through E-5. Normal color perception (FALANT, PIP). High school or college algebra and chemistry with a grade of "C" or better or have the NEC 8501.

C-School follow on Orders

As of April 1999 Navy Personnel are offering follow-on orders for the following C-Schools (20 weeks or less):

8401 Search and Rescue,
8406 Aerospace Medicine,
8407 Rad Health,
8409 Aerospace Physiology,
8451 Basic X-Ray,
8485 Psych Tech,
8489 Ortho Cast Tech,
8495 Derm Tech.

All applicants approved for these C-Schools may contact the respective Detailer to discuss follow-on orders.

How Energy Works

Activity, Fatigue and Recovery

Have you ever wondered why the exercises you do to improve your level of fitness and build energy often leave you feeling fatigued and sometimes sore? You might say that a total picture of energy actually involves a cycle of activity, fatigue and recovery. Each of these is an important consideration when planning your fitness program.

Activity

Sudden strenuous activity or muscle exertion relies on muscle stores of carbohydrates for immediate energy. One by-product of burning this sort of fuel for energy is lactic acid, which can cause fatigue and a burning sensation in the muscles. Your body requires oxygen to remove lactic acid, so if you continue to exercise beyond your body's ability to provide adequate oxygen, the lactic acid can build up and cause moderate to severe muscle pain. And since your cardiovascular system cannot meet the excess demand, you are apt to feel short of breath and rapidly fatigued.

Fatigue

Fatigue, or lack of energy, can be affected by many factors including the length and intensity of activity, illness, stress, anxiety, depression, improper nutrition, lack of sleep, boredom and even long periods of inactivity can contribute to fatigue. When you start a new activity you may become fatigued more easily until your body adapts to the new energy needs. Similarly, if you exercise during hot weather, you are apt to become fatigued more quickly, since much of your body's energy is being used to cool itself down (through sweating). When you reach the point of fatigue, don't push yourself further. It's your body's warning that it's time to take a break and recover.

When you become physically fatigued, your body needs time to recover. That doesn't mean lying down and putting your feet up, but merely decreasing the intensity of your activity to allow your body to rest and recuperate. For instance, if you feel fatigued during an aerobics class, stop and walk around the room until your breathing returns to normal and your heart rate begins

to subside. If you follow a vigorous, long-term aerobics program, alternate the days that you do aerobics with others types of activities, such as strengthening and flexibility exercises. For example, you might do aerobics on Monday, calisthenics on Tuesday, aerobics on Wednesday and so forth. Building adequate recovery time into your fitness plan can actually result in quicker gains and less risk injury.

Your Energy Cycle

Understanding the cycle of activity, fatigue and recovery is an important aspect of your total fitness plan. It takes your body anywhere from 24 to 48 hours to recover from an "all-out" workout, and it is during this recovery period that the physiological changes that improve your level of fitness occur. Working out too hard, too soon can actually harm your progress. Don't short-



Carol Gaidis

change your fitness goals by pushing too hard. Remember, recovery from fatigue is as important to fitness as activity or exercise itself.

Source: Parlay International

Did you bring your sunscreen?



When you are out in the sun for more than a few minutes, make sure you apply sunscreen to those exposed areas of skin. The Health Promotion Department made sure the Marines who were out rematting the airfield were protected. In temperatures over 100 degrees, it is hard to wear long sleeves and long pants. So what is the next best thing? SUNSCREEN. Make sure the sunscreen you buy has the seal of approval from the Skin Cancer Foundation. For optimal effectiveness apply the sunscreen about 45 minutes before exposure to the sun. This will allow the sunscreen to penetrate the skin.

Free health care information is just a phone call away

Has your child ever come home crying from a bee sting? Were you unsure what to do? Have you relocated to a new city and found you have allergies but don't know the cause? The Health Care Information Line can help.

A free 24-hour information service available to all military families the Health Care Information Line offers an AudioHealth Library with more than 500 recorded health topics. To hear a topic, simply dial (800) 611-2883 and press 1 to get to the AudioHealth Library. For a complete list of AudioHealth topics, pick up a Health Care Information Line brochure at the TRICARE Service Center or visit the online listing at www.phaonline.com/hcil. Some of the many topics available are:

1254 Chicken Pox
1647 Sore Throat
1264 Earaches
2056 Coping with Anxiety
1831 Diet and Nutrition
2700 Planning for Pregnancy
1844 Stopping Smoking
1261 Diaper Rash

In addition to the recorded information,

the Health Care Information Line also allows you to speak with a nurse, 24-hours a day, seven days a week. These nurses are available to answer your questions about your health. While the Health Care Information Line nurse do not take the place of your Primary Care Manager, they can give you helpful health advice.

If the Health Care Information Line nurse does advise that you need care, contact your Primary Care Manager. If you need urgent

care, your Primary Care Manager will arrange for a referral through the Health Care Finder. Remember, advice from the Health Care Information Line nurse is not an authorization for care.

From treating a bee sting, to reducing cholesterol, to weight management or to bed-wetting, the Health Care Information Line AudioLibrary is available to answer your health care questions with just one phone call.

Naval Hospital makes the spot light again with Virtual Child Psychiatry Initiative

Once again, Naval Hospital Twentynine Palms has found itself in the spot light... this time with the Virtual Child Psychiatry Initiative.

This project was initiated by Lt. Jeff Sperring, a pediatrician and primary care manager at the hospital with the help of Capt. Mike Ricciardi a child psychiatrist at Naval Medical Center San Diego.

This innovative initiative was highlighted in the "News At Nine" newsletter published by the Office of the Lead Agent for Region Nine Southern California TRICARE.

A memorandum from the Office of the Assistant Secretary of Defense for Health Affairs notified the command recently that this new initiative would be added to their Web site at www.tricare.osd.mil/her/, as an example of innovation in health care.

Also, according to the memorandum, "the initiative will be sent to the Military Health System Reengineering Coordination Team for consideration for broader implementation."

The article was also published in last month's issue of Naval Hospital Twentynine Palms' *The Examiner*... titled "Desert Doc creates access for pediatric patients via TV."

TECHNOLOGY

Continued from page 1

vider. Health Maintenance appointments are listed as PAPs, Well Baby checks, Routine OB, follow-up on chronic medical problems, physical exams and overseas screening. If you require specialty care and a specialist is not available at this facility, arrangements will be made to set up an appointment for you with another military treatment facility in Southern California or at a local participating physician.

The hospital's Emergency Medical Department is open 24-hours a day, seven-days a week for bonifide medical emergencies.

If you face any problems in gaining access to care at this facility, you should contact the Patient Affairs Coordinator in the clinic you are having problems with. If you continue to have problems, you can contact the Patient Affairs Coordinator in the Patient Administration Department, which is located just inside the main entrance to the hospital. The phone number there is 830-2472.

HERITAGE

Continued from page 2

keep the sea-lanes free for all. Our history books are full of great naval leaders from Admiral Farragut, our Navy's first admiral, to today's CNO, Admiral Johnson. The list of naval campaigns and battles at sea include some of the formative events in our country's history, including our greatest maritime battle at Midway, through today's humanitarian support mission off the coast of Turkey. Each one of us builds on the foundation of those who came before us. The next generation of sailors will build on our actions to adapt the Navy to a changing world environment while maintaining the traditions of our heritage. What will the next generation have us to thank for?

On the event of this Navy birthday, take the time to learn about your heritage as a member of the world's greatest Navy and begin to think about what you will add to that heritage.

If you are retiring soon,
you need to find out
about your CHAMPUS
benefits. In addition to
TRICARE Standard,
lower cost plans called
TRICARE Prime and
TRICARE Extra may be
available in your area. To
find out, call
1-800-242-6788, or
check with the
TRICARE
Service Center.

DoD prescribes new pharmacy benefit

By Douglas J. Gillert
American Forces Press Service

WASHINGTON—Rising costs and concerns for patient safety and health have led DoD to redesign its pharmacy system.

Defense health officials already were concerned about inconsistencies in the pharmacy benefit when the General Accounting Office reviewed the system in 1998. The GAO called for a more coordinated system that controls costs and makes prescription drugs safer and more evenly available at military treatment facilities, through the DoD National Mail Order Pharmacy and at retail pharmacies in networks under TRICARE, the defense managed health care plan. Congress then asked DoD to come up with a new system.

"There was a concern that we develop consistency across-the-board in our pharmacy programs," said Mary Gerwin, deputy assistant secretary of defense for health program integration and senior adviser to the defense health chief.

For example, if patients get their prescriptions filled at military treatment facilities or by mail order, it costs the system less because DoD has access to Federal Ceiling Prices with the drug manufacturers, Gerwin said. "Whereas, if beneficiaries get their drugs at the retail level, it could cost the Military Health System 24 percent to 70 percent more for the exact same drugs."

The problem is further compounded by the lack of standard, system-wide drug availability or formularies. "A drug available at one military treatment facility isn't necessarily carried at another one," she said.

"We've asked Congress for a uniform formulary. These are 'preferred drugs.' Let's say you've got a medication for heart disease, and several drugs provide the same benefits. We want all our pharmacies to carry at least one of those preferred drugs."

Even a preferred drug could lose its effectiveness and potentially cause harm if it interacts with another medication. Since the information systems that control military pharmacies don't directly communicate, patients may get prescription drugs from mul-

tiples sources that could cause health risks when they interact, Gerwin said.

"Under the current system, we have no way of knowing if a safety factor is involved, but the new computer system provides a database that consolidates information from different points of service and targets those drug interactions."

For patient convenience and to reduce DoD program costs, the new system also encourages use of the department's mail order pharmacy instead of getting drugs through retail pharmacies. Although current usage of the mail order system is below 10 percent, Gerwin said patients who do get their drugs through the mail like it. She added that the Department is able to obtain drugs at the Federal Ceiling Pricing for prescriptions filled via NMOP. National Mail Order Pharmacy details are available at TRICARE Service Centers, military treatment facilities and on the TRICARE Web site.

Beneficiary cost has played a significant role in redesigning the pharmacy system, Gerwin said. "We want to make sure this doesn't end up with additional out-of-pocket costs to beneficiaries," she said. "Although there are co-pays for use of the mail order pharmacy [\$4 for active duty family members, \$8 for retirees], prescriptions are and will

continue to be filled free of charge at military treatment facilities."

Included in the redesigned benefit is a pilot program for Medicare-eligible beneficiaries over the age of 65. Currently, they can get their prescriptions filled only at military pharmacies on a space-available basis or at base closure sites where they were given special access to the TRICARE Pharmacy Retail Networks and the National Mail Order Pharmacy program.

"We will randomly select two sites for the pilot that, by law, can't be near military treatment facilities," Gerwin said. "We expect the demonstration to begin early next year and last three years." Details of this demonstration are now being finalized.

DoD modeled the new pharmacy design on the best business practices of private sector health plans. "We looked at both fee-for-service and managed care systems to see what they are doing," Gerwin said. "We had to eliminate some of the best business practices used by private health care systems because they would unreasonably increase out-of-pocket costs for beneficiaries. The department wants to avoid increasing the costs that service members and their families have to pay for their prescription drugs."

CNO thanks Navy Medical community

By JO1 Brigitte Barnes
CNO Public Affairs

WASHINGTON (NNS) — Chief of Naval Operations Adm. Jay L. Johnson spoke recently at the Navy surgeon general's commanding officer's conference held in Washington, D.C. the CNO thanked the audience of 200 commanding officers and command master chiefs from major Medical treatment centers around the world for the important work they do for the Navy.

"I want to thank all of you for what you do for our Navy day in and day out," The CNO said, "for your service to Sailors and Marines, to their families, and to retirees." "you have a very challenging task, and you do it extremely well," Adm. Johnson said. "I'm

intensely proud of Navy Medicine - in the fleet, here in Washington, D.C. and anywhere in the world."

During his remarks, the CNO described the scope of the Navy's operations and briefed the audience on Navy efforts in recruiting, retention, recapitalization and readiness. He also pointed out that the forward-deployed nature of the naval services present a different set of challenges to leaders.

"We're not like anybody else," said Adm. Johnson. "The Navy and Marine corps are unique, our requirements are unique, and our obligations to our people are unique." Admiral Johnson concluded by praising the group for the work of the Navy Medical community to meet those obligations.

"I love what Navy Medicine does," the CNO said.

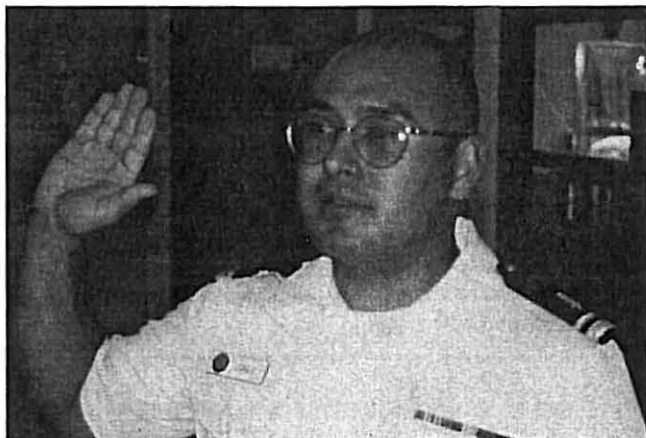
Hard Chargers...



HM2 Sonya M. Hamrick, left, receives her Honorary Desert Rat Certificate from Capt. Joan M. Huber, Commanding Officer, Naval Hospital Twentynine Palms.



HM1 Patricia C. Hankinson, above, is congratulated by Capt. Douglas H. Freer, Executive Officer, Naval Hospital Twentynine Palms at her recent reenlistment ceremony.



Lt.j.g. Ignacio Domez takes the oath at his recent promotion ceremony.



Lt. Maria C. Kaiser, left, has her shoulder boards attached by her husband and Cmdr. Karen A. Rushford at her recent promotion ceremony.

COMMANDING OFFICER
NAVAL HOSPITAL PUBLIC AFFAIRS OFFICE
MARINE CORPS AIR GROUND COMBAT CENTER
BOX 788250
TWENTYNINE PALMS CA 92278-8250

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